



Herbal Remedies: Discover the Top 15 Medicinal Plants and Their Benefits for Your Health and Beauty

Carmen Mckenzie

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The world is full of people who just take medicine at every minute sign of sickness. Doctors prescribe antibiotics after five-minute checkups because their patients' symptoms could possibly need antibiotics for treatment. Aspirin has become a regular part of most people's diets: one in the morning, one at night. And if you are feeling a little lively that day, maybe you'll take another at lunch.

It's humorous and interesting to apply the age-old philosophical questions that children use: "If there were no aspirin left on Earth, what would you do?"

Most people would probably nonchalantly shrug this off and pretend that their lives would continue as normal. But would they? With such a high exposure and reliance on medicine, could people go without it?

Now, I am not suggesting you should not take medicine anymore, nor am I going to offer you a replacement. What I want to do is open your eyes to an alternative. This book is about providing people with an appreciation for natural and herbal remedies.



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